





OneQuest



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Corporate Retreats

Empower your Team to Succeed

- Are you looking to reward your invaluable team?
- Does your staff need time to renew and reset?
- Are you struggling to manage stress in the office?
- Do you need an incentive to boost productivity or morale?

At OneQuest, we understand the value of offering wellness programs to employees, managers and supervisors and their families for small and large companies alike.

Through OneQuest online corporate wellness programs, we provide access to retreats and courses and can design an **education, mindset and mindful movement program** to suit your specific requirements.



Our wellness programs are **completely flexible**, allowing your staff to log in and complete the programs at their convenience from home, in the office as part of a dedicated half or full day wellness retreat, or as a quick escape session to refresh during the workday.

Over time, these new skills can be integrated into daily self-care routines to optimize mental health, personal performance, and team coherency, fostering a healthier, more productive workplace environment.





Wellness Programs

Corporate programs can be customised to suit your needs and can include:

- ✓ Live in person events hosted at a venue of your choice - we work with you to select the most suitable wellness coaches to facilitate an event.
- ✓ Online single or multi-day event where our wellness coaches will facilitate a program for your group.
- ✓ A set term program for your group to access online programs that you select. This can be a one day retreat, a six month subscription to courses or a combination of both.

Our retreat programs are tailored to meet your organization's unique wellness goals, enhancing employee emotional, physical, mental, and professional well-being. We offer a diverse range of activities such as mindfulness, meditation, yoga, sound healing, nutrition optimization, and more, aimed at reducing anxiety and promoting control over one's life.

In 2017, SafeWork NSW reported that **business investment in mental health** yielded an ROI of \$2.86 for SMEs and \$4 for larger companies, with 13.2% of male and 16.1% of female employees experiencing significant mental ill-health over four weeks.

EAPAA research shows that dedicated EAP services can deliver a 5:1 to 15:1 ROI. A 2019 Gallup study found that 67% of employees suffer job-related burnout, leading to severe health issues.

Now more than ever, businesses must protect workers from psychological risks, including work-related stress, and avoid the deterioration of mental health conditions.





Support your Team

By providing wellness and self-care programs for employees, managers and supervisors, there are many direct benefits to your business or company.

- **Better work culture** - healthier, calmer and more focused employees with more genuine and connected interpersonal relationships and camaraderie. This leads to enhanced loyalty and a healthier work-life balance.
- **Reduce absenteeism** - mental ill-health can add to sick leave days so more resilient employees will require less respite from work.
- **Reduce presenteeism** - Safework NSW reported that employees not performing at their best, costs businesses \$3,401/year for moderate mental ill-health and \$5,305/year for severe mental ill-health.
- **Reduce unintended mistakes** - mindfulness, movement and breathwork practices provide better concentration, awareness and consistency as well as increase problem solving from better clarity.
- **Prevent burnout** - mindful movement practices help reconnect and nourish the mind and body and reduce overstress, fatigue and the need for timeout.
- **Reduce anxiety** - deal more calmly with stressful thoughts, to release tension and better focus on what's happening in the moment.
- **Higher staff retention** - minimise re-hiring costs by creating a positive work environment where employees have the skills to handle stress in a calmer and healthier way.
- **Reduced workers' compensation claims** - 6% of all workers' comp claims are for work-related mental health conditions or which 91% of these were attributed to mental stress.
- **Reduce cyber security incidents** - by enhancing employee focus and clarity, there is less likelihood of policy breaches such as unsafe website visits or risky link clicks.

Wellbeing is the state in which your physical and mental health are in balance, unlocking your natural healing abilities. By prioritising this important facet of employee care, the benefits to your business and overall corporate culture will be immeasurable.